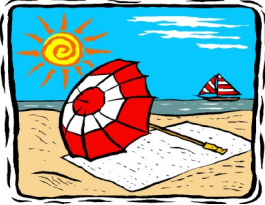




Mon	Tue	Wed	Thu	Fri
	August 21, 2024 		1 Vegetable Lasagna (1 pc/8 Oz.) 1/2 C Carrots 1/2 C Roasted Red Peppers 1/2 C Greek Yoghurt w/1/4 C Berries Cal 718	2 Pulled Pork Sandwich (1/2 C Pulled Pork w/ Sandwich Roll) 1/2 C Coleslaw 1/2 C Chuckwagon Corn 1/2 C Fresh Cantaloupe Cal 683
5 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1/2 C Zucchini Parmesan Soup 1/2 C WG Penne w/Sauce 1 1/4 C Strawberry Spinach Salad w/Salad Dressing Chocolate Chip Cookie Cal 644	6 Herb Baked Salmon (1 Filet) 1/2 C Scalloped Potatoes 1/2 C Brussels Sprouts WW Bread w/Margarine 1/2 C Chocolate Pudding	7 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz Ham Salad) 1/2 C Broccoli Slaw 1/2 C Fresh Grapes Cal 712	8 Maple Glazed Pork w/Cider Gravy (4 Oz Pork) 1/2 C Sweet Potato Cubes 1/2 C Brussels Sprouts WW Bread w/Margarine Oatmeal Cookie Cal 728	9 Pub Steakburger w/Cheese (1 beef patty, 1 slice cheese & WW Sandwich Roll) 1/2 C Carrots w/Ranch Dip 1 C Stuffed Pepper Soup 1/2 C Chocolate Pudding Cal 896
12 Mojo Marinated Cod Filet (1 Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Clementine Cal 686	13 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Wax Beans 1/2 Creamy Spinach Orzo Pasta 1/2 C Diced Mango Sugar Cookie Cal 720	14 Italian Sub (1/4 Sub Roll, 3 Oz. Meat & Cheese) 1 C Tossed Salad w/Dressing Fresh Apple Cal 627	15 Petite Tenderloin Medallions Au Jus (3 Oz Beef) 1/2 C Mashed Potatoes 1/2 C Beets Cal 790 WW Bread w/Margarine Fresh Pear, Chocolate Chip Cookie	16 Stuffed Pepper (1 Pepper w/Meat Sauce) 1/2 C Steamed Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake Cal 771
19 Sausage & Peppers (4 Oz link w/Tomato Sauce) WG Hoagie Roll 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1/2 C Fresh Fruit Salad Cal 860	20 Firehouse Chili (1 C Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Cantaloupe Cal 656	21 Classic Cobb Salad (3 Oz Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine Fresh Orange Cal 628	22 Stuffed Cabbage Roll (1) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yoghurt w/1/4 C Berries Cal 619	23 Chicken w/Gravy (1 Chicken Breast) 1 C Normandy Veggie Blend 1/2 C Buttered Penne 1/2 C Apple Slices Cal 612 Chocolate Chip Cookie
26 Birthday Menu Swiss Steak (3 Oz Beef Patty) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear	27 Meatloaf w/Gravy (1 Slice) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine Banana Bread Cal 736	28 BBQ Turkey Flatbread (Flatbread w/2 Oz Turkey/1 Oz Cheese) 1/2 C Potato Salad 1/2 C Fresh Cantaloupe Cal 668	29 Chicken Cordon Bleu 1/2 C Carrots 1 C Butternut Squash Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 947	30 Beef Stroganoff (1 Cup) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Buttered Rotini Pound Cake w/Strawberries Cal 726